

Living Well Eating Smart™

Healthy Nutrition and Lifestyle Information for a Better You



Question:

How do I keep foods safe during the picnic season?

— Lorraine, MA

Answer:

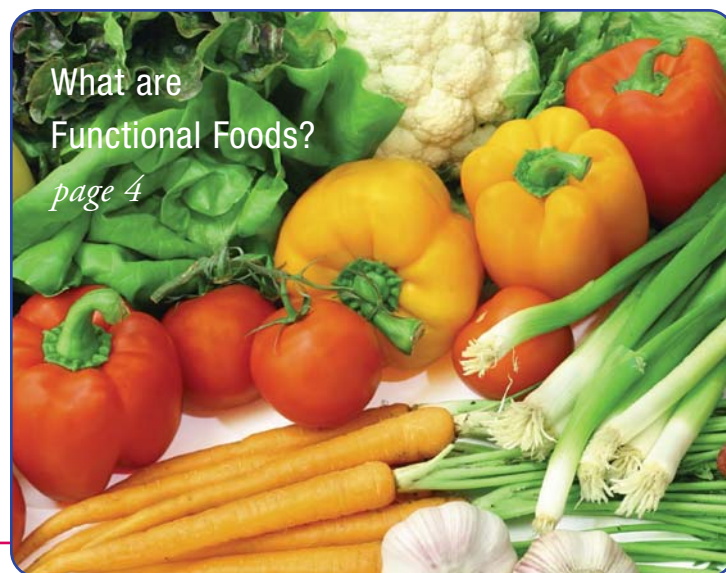
The risk of foodborne illness increases during the summer heat. Think you've never had a foodborne illness? Think again. More often than not, eating harmful bacteria will not cause the violent reaction typically reported on the news. Most cases of food-



(continued inside on page 2)

In this issue, we discuss:

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Have a nutrition question?
Ask Carrie, your personal expert by:

Sending an e-mail to
askcarrie@bigy.com

Visiting BigY.com's
Living Well Eating Smart webpage
and posting a question

Writing to Ask Carrie
2145 Roosevelt Ave
PO Box 7840
Springfield, MA 01102



To learn more on how you
can Fight BAC!®, visit the
Partnership for Food
Safety Education at
www.fightbac.org.

Ask Carrie (continued from cover)

borne illness create mild symptoms of headache, fever, upset stomach, or muscle aches. Therefore, episodes of foodborne illness tend to go overlooked or are self-diagnosed as a "24-hour bug".

The last thing any host wants to do is make their guests sick. Here are a few ways to keep picnics foodborne illness-free:

1 Wash Hands!

Proper hand washing remains the #1 way to prevent foodborne illness. When within the reach of a sink, make sure to wash your hands for at least 20 seconds before, during, and after cooking. If picnicking away from home, pack a portable and effective hand cleanser like TopCare® Hand Sanitizer! Small enough to fit into your beach bag or picnic basket, Top Care® hand sanitizer is perfect for ridding your hands of germs when you are on-the-go.



www.bigy.com

2 Keep Surfaces Clean!

Prevent the transfer of harmful bacteria by cleaning surfaces regularly. Wipe them down with warm, soapy water at the beginning, during, and after cooking. If water is not available, or if you prefer the convenience of pre-moistened cloths, choose a product like Clorox® Disinfecting Wipes. Easy to bring wherever your summer picnics take you, Clorox® Disinfecting Wipes kill 99.9% of common household bacteria.



www.clorox.com

3 Use It, Then Lose It!

Don't infect food by reusing utensils, plates, or marinades that came in contact with

raw meat. Switch over to clean utensils, plates, and unused marinades when serving goodies from the grill.

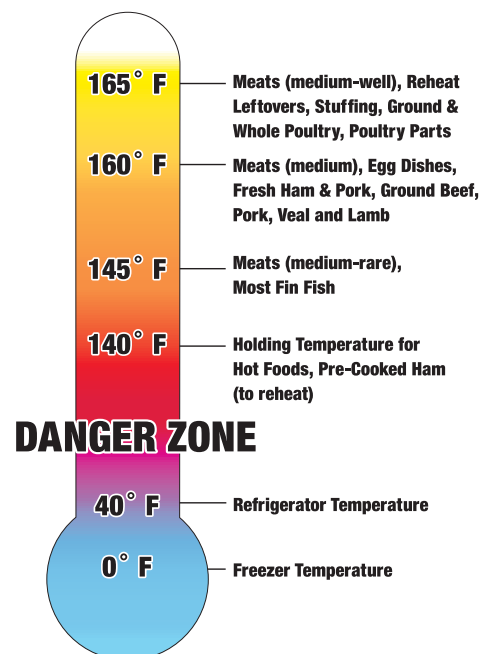
4 Keep Them Separated!

When taking a picnic on the road, wrap and store raw meat alone in insulated, properly iced, containers. This is the best way to prevent cross-contamination of potentially harmful bacteria to breads, salads, and drinks.

5 Know Your Temperatures! For Cooking

All meats have a specific cooking temperature that they should reach to prevent foodborne illness. Store and cook meats according to these temperatures (i.e.: chicken should be stored and cooked under the rack you place hamburgers on, since its cooking temperature is 5°F higher).

(continued on page 8)



Men's Health Answered

MEN — *June is Your Month!*

Think you know what it takes to be healthy?

Let's see how your answers stack up.

TRUE OR FALSE: *Eating healthy takes too much time!*

FALSE It's not that eating healthy necessarily takes more time, it just may require more brain energy. Most of us do not have balanced, healthy eating as our default meal pattern. When we begin altering food choices towards a more healthy diet, it requires a little more thought, planning, and education than we're accustomed to. Here's the good news — the more we practice healthy eating, the quicker it becomes habit!

Here are a few main themes for eating healthy — choose plant-based oils as the fat in your diet, make at least half of your daily grain choices whole grain, eat 25-35 grams of fiber and no more than 2,400 milligrams of sodium (about 1 teaspoon) each day. Success® Ready to Serve Brown Rice proves that meeting these four criteria takes no time at all. In just 60 seconds, you can enjoy whole grain brown rice cooked with sunflower oil that provides 2 grams of fiber and only 5 milligrams of sodium.



www.successrice.com

TRUE OR FALSE: *Increase protein to gain weight, cut carbs to lose.*

FALSE Whether you gain or lose weight does not depend on specific nutrients, it's all about calories. Sure we get our calories from carbohydrates (carbs), proteins, and fats, but that doesn't mean adding more of one or the other is the secret to changing body size. Regardless of the goal, everyone should obtain the same proportion of nutrients. Carbohydrates should provide 45-65% of your day's calories, protein 10-35%, and leftover calories should come from fat (20-25%). Losing or gaining weight requires daily physical activity, and eating a balanced, varied meal plan that meets your specific calorie goal. To learn what a healthy meal plan is for you, visit MyPyramid.gov for personalized calorie and food group recommendations.



TRUE OR FALSE: *Fruit and vegetable recommendations are guidelines, not goals.*

FALSE Fruit and vegetable recommendations are goals meant to be met over the course of a day — not at one sitting! For example, 5-6½ cups of fruits and vegetables each day would equate to having a large banana at breakfast, snacking on a ½ cup of green beans dipped in fat-free dressing, eating a small side salad with lunch, munching on a small apple in the afternoon, adding a ½ cup of zucchini to pasta, and drinking 100% juice at dinner.

The majority of your fruit and vegetable servings should come from whole fruits and vegetables. However, drinking ½ to 1 cup of 100% juice can be a quick way to add an additional serving towards your goal. V8® V.Fusion™ 100% juice provides a ½ cup serving of vegetable plus a ½ cup serving of fruit in every 8 ounce glass! Available in fun flavors like Strawberry Banana, Peach Mango, and Tropical Orange, V.Fusion™ is gluten-free, has no added sugars, is naturally low in sodium, and delivers Antioxidant Plus™ — a combination of vitamins A, C and E.



www.v8juice.com

TRUE OR FALSE: *Water is the only liquid you need to drink during exercise.*

TRUE AND FALSE It depends on the intensity, duration, weather, and you. It's important to maintain hydration before, during, and after workouts. Generally, water is sufficient to meet hydration needs, for sessions no longer than an hour. If the weather is hot, humid, or an individual sweats excessively, water may not be enough. In such situations, or workouts lasting longer than an hour, it becomes increasingly important to maintain energy and replenish electrolytes lost in sweat with a beverage like Gatorade®. Gatorade's® unique formula of carbohydrates and electrolytes helps rehydrate, replenish, and refuel during long, summer workouts.



www.gatorade.com

Functional



Foods

Form or function?

Some foods go beyond the basics.

At times, a food provides health benefits beyond basic nutrition, making it a functional food. The list of functional food is vast, and keeps on growing. They could be in their most unadulterated form, as with berries, or the result of modification and development by food scientists, such as probiotics.

Expect to hear more about functional foods in the years to come. According to the American Dietetic Association, “functional foods have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis, at effective levels”.

Soy

Function*: Diets low in saturated fat and cholesterol that include soy protein (and thereby compounds called soy isoflavones) may decrease the risk of heart disease by reducing total cholesterol and LDL (“bad”) cholesterol.

Recommended Amounts*: 25 grams per day.

You can obtain soy protein in a variety of ways—soymilk, edamame (soybeans), tofu, tempeh, and isolated soy protein meat alternatives (i.e.: vegetarian burgers). To receive the heart benefits associated with soy, obtain soy protein directly from food, versus taking isoflavone supplements.

Pearl® Soymilk

Made with organic soybeans, Pearl® Soymilk is lactose-free and provides 7 grams of soy protein in each serving. It is free of cholesterol, low in fat, uses no preservatives or artificial ingredients and provides higher levels of iron, folic acid, and vitamins A and D than cow’s milk. In traditional flavors like original and vanilla, to more unique flavors of green tea and Tropical Delight®, Pearl® Soymilk is a rich and creamy addition to any recipe. For culinary inspiration, visit www.pearlsoymilk.com.



www.pearlsoymilk.com

Fruits & Vegetables

Function #1*: Low-fat diets rich in fruits and vegetables may reduce the risk of some types of cancer.

Function #2*: Healthful diets with adequate daily folate may reduce a woman’s risk of having a child with a brain or spinal cord birth defect.



Recommended Amounts**:

Determined by calorie needs. Combined fruit and vegetable recommendations can range from 2 cups to 6½ cups each day. Learn your recommended amount at MyPyramid.gov.



Driscoll's® Berries

When it comes to fruit, not many things compete with berries. In addition to being full of color and flavor, they're free of sodium, low in calories and fat, rich in antioxidants, and packed with fiber, vitamin C, and folate. If you tend to stick to one type of berry, mix it up! The nutrient and antioxidant content of berries vary depending on color. Since Driscoll's® is a leading supplier of organic and non-organic berries, you have lots to choose from!



www.driscolls.com

Probiotics

Function*:** May have a positive effect on various health conditions, including digestive health and immune function.

Recommended Amounts*:** Researchers recommend eating a total of 1-5 billion colonizing-forming units (CFU) each day for positive results.

Probiotics are live, naturally occurring bacteria which are added to food to provide health benefits. Predominantly added to milk-based products, the realm of probiotics is now expanding into other "dry" forms. Although consumption is considered safe for most individuals, USProbiotics.org does recommend taking probiotics under the care of a physician if you are immunocompromised, have an underlying disease, or any type of digestive condition.

Dannon® DanActive™

Dannon® introduces DanActive™, a new probiotic dairy drink containing L. casei Immunitas™. Formulated by Dannon® researchers, L. casei Immunitas™ is said to be strong enough to withstand passage through the stomach and upper digestive tract, so that it may reach the lower gut and enhance the balance of healthy bacteria. One bottle of DanActive™ contains 10 billion L. casei Immunitas™, which Dannon® recommends drinking each day for best results.



www.danactive.com

Kashi® Vive™

The first cereal of its kind, Vive™ is a delicious new cereal from Kashi® that contains their mix of infamous Seven Whole Grain and Sesame® with ginger, broccoli extract, and probiotic cultures. Vive™ contains healthy bacteria thought to improve digestion, either L. acidophilus or L. casei. Plus, a 1½ cup serving (2 ounces), delivers 12 grams of fiber and 20% of the Daily Value for calcium and vitamin D.



www.kashi.com

Fiber-Containing Grain Products

Function*: Low-fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer.

Recommended Amounts:** 25-35 total grams of fiber each day.

To help meet fiber goals, have at least half of your daily intake of grains come from whole grains. Choose whole grain varieties of your favorite grain food (i.e.: pasta, bread, rice, and cereal), and benefit from additional fiber, vitamins, minerals, and other plant compounds like phytochemicals.

Ronzoni® Healthy Harvest®

Many individuals cringe with the thought of switching from traditional pasta to whole grain pasta. Do not despair; there's Ronzoni®. With an original blend of whole wheat flours, Healthy Harvest® Whole Wheat blend pastas have a softer mouth feel than most whole wheat pastas, and provide 3 grams of fiber per 1 ounce serving. For an extra punch, try Healthy Harvest® Multi-Grain. This new line of pasta also contains ALA omega-3 fatty acids (the omega-3 found in flaxseeds).



www.healthyharvestpasta.com

*Source: Position of the American Dietetic Association: Functional Foods, *Journal of the American Dietetic Association*. 2004;104:814-826.

**Source: The 2005 USDA Dietary Guidelines

***Source: *Today's Dietitian*, "To Keep the Doctor Away — A Billion a Day", September 2005, Vol. 7 No. 9 P. 12.



Not many foods can compete with the nutrient and antioxidant content of berries.

Sensible Summer Suppers

EXPOSED

What has bright colors, varied textures, and hits all six food groups?
Sensible summer suppers.



www.freshexpress.com

THE BASE:

FRESH EXPRESS® SALAD BLENDS

Make vegetables the base of your meals. With Fresh Express®, you always have options. One evening, enjoy grilled salmon on a bed of 5-Lettuce Mix™. The next night, slice Lettuce Trio for topping tacos. Whichever blend you choose, Fresh Express® salads provide vitamins and antioxidants in a low calorie, fat-free package.

THE DESSERT:

KLONDIKE® SLIM-A-BEAR™

Deprivation is never sensible. Instead of swearing off desserts, choose healthier options with Klondike® Slim-A-Bear™. For lovers of ice cream sandwiches and bars, Slim-A-Bear™ combines the best of both worlds — creamy ice cream in a rich chocolate shell, without excessive amounts of calories and fat. Available in No Sugar Added and 100 Calorie versions, Slim-A-Bear™ cuts fat, not flavor.



www.slimabear.com

THE TOPPINGS:

MAPLE GROVE FARMS OF VERMONT® SALAD DRESSING

One taste and you'll know why Maple Grove Farms of Vermont® is the best selling line of specialty dressings in the United States. If you need a twist on your summer salad favorites, make the most of your meals with Maple Grove Farms of Vermont® lite and fat-free dressings. Add flavors like Poppyseed, Honey Dijon, and Balsamic Vinaigrette to salad greens, and potato, macaroni, or tuna salads for instant family favorites with less calories and fat.



www.maplegrove.com

THE TOPPINGS:

PERDUE® SHORT CUTS®

Low-fat and lean are key for protein. Perdue® Short Cuts® add a lean source of protein to meals in no time. Fresh, fully cooked, white chicken and turkey meat, Perdue® Short Cuts® have no preservatives or artificial colorings. Favorite recipes like chicken salad, stir-fry, and homemade pizzas take seconds, not minutes with Perdue® Short Cuts®. Visit www.perdue.com for nearly 100 different Short Cuts® recipe ideas.



www.perdue.com

Summer breezes, warm air, and long days beckon light meals. This translates into fresh vegetables, colorful fruits, grilled meats, and airy desserts—great for meeting food group goals. Free-time is often a luxury during the hustle and bustle of summer. Fortunately, preparing healthy meals doesn't have to take a lot of time.

THE TOPPINGS:

SORRENTO® FRESH MOZZARELLA CHEESE

Sorrento® Fresh Mozzarella is a common guest to summer suppers. Its light and creamy texture helps create soft, delicate tasting dishes. Only a small amount of fresh mozzarella is needed to add pizzazz to recipes, so be mindful of portion sizes. Starting with Carrie's "Caprese" Salad found on page 10, create summery meals any time of year with Sorrento® Fresh Mozzarella.



www.sorrentocheese.com

Make Your Cookout a Picnic!



QUICK AND HEALTHY OPTIONS ARE WAITING TO MAKE YOUR SUMMER COOKOUT SCHEDULE A PICNIC.

Perfect cookout foods require minimal preparation, are transportable, and please both taste buds and waistlines. This season, try new and tried-and-true products for making your cookout a success:

4C® TOTALLY LIGHT™ ICED TEAS

Iced tea is a summer must, but its added sugar is not. Choose low sugar options and save about four teaspoons of sugar per 8 ounce glass! Sweetened with SPLENDA® Brand Sweetener, 4C® Totally Light™ Iced Teas come in a variety of flavors, including the first instant white iced tea on the market — White Tea Antioxidant Blueberry. With 4C®, the choice is yours. Mix Totally Light™ iced tea family style in pitchers, or offer packets of Totally Light™ Tea2Go™ for guests to add to their very own bottles of water.



www.4c.com

IT IS NO SURPRISE THAT BAKED BEANS CAN BE FOUND AT JUST ABOUT EVERY SUMMER COOKOUT, BUT DID YOU KNOW HOW GOOD THEY ARE FOR YOU?

BUSH'S® BAKED BEANS

Where there's a summer cookout, there are baked beans. Did you know nutritionally, very few cookout dishes can compete? Beans are naturally low in fat, and free of saturated fat and cholesterol. They contain phytochemicals and minerals, like magnesium, selenium, and copper, that act as antioxidants too. In a ½ cup serving of Bush's® Best Baked Beans, you get about 5 grams of fiber and 6 grams of protein. And depending on which flavor you choose, a serving of Bush's® Baked Beans can provide anywhere from 10% (i.e.: Vegetarian) to 25% (i.e.: Boston) of the Daily Value for iron.



www.bushbeans.com

CHIQUITA® APPLE BITES™

Fresh fruit makes for great dessert — it's low in fat and calories, but rich in nutrients and fiber. Yet, many hosts pass on fruit because of the additional preparation steps required when serving it.

With new Apple Bites™, Chiquita® has done the work for you. Chiquita® Apple Bites™ are individual-size bags of crisp, fresh, red or green apple slices. Available in a "Go Pack" with five, 2.4 ounce bags, or a 2½ pound "Party Pack", Chiquita® Apple Bites™ are ideal for any size cookout!



www.getfreshfruit.com

MRS. DASH® 10-MINUTE MARINADES

Stuck in a cookout rut? Jazz it up with Mrs. Dash® 10-Minute Marinades. Pass on sodium-packed marinades that call for hours of soaking — if you only have ten minutes, Mrs. Dash® is your marinade! Free of salt and MSG, their all-natural blend of 14 herbs and spices provide pleasing robust flavors. With two recent additions to the lineup, Spicy Teriyaki and Garlic Lime, Mrs. Dash® 10-Minute Marinades are perfect for any dish — shrimp or steak, grilled vegetables or fruit, salads or pasta. The possibilities are endless.



www.mrsdash.com

Eating Smart Recipe Idea

Serve salsa as a dip for veggies and tortilla chips, or as a topping for burgers, burritos, quesadillas or tacos.

Serving Size: about ½ cup
Serves: 8 to 10

Bush's® Vegetarian Baked Beans Salsa

INGREDIENTS

1 can (28 ounces) Bush's® Vegetarian Baked Beans
½ medium red onion, chopped
½ medium orange bell pepper, chopped
½ medium green bell pepper, chopped
3 Roma (plum) tomatoes, seeded and chopped
1 teaspoon lemon juice
1 teaspoon hot sauce
2 cloves garlic, minced
Big Y® salt and pepper to taste

DIRECTIONS

1. Gently combine baked beans, red onion, orange pepper, green pepper, tomatoes, lemon juice and hot sauce in a large bowl.
2. Season with garlic, salt and pepper and stir.
3. Chill in refrigerator at least one hour prior to serving.

Nutrition Facts per serving, based on 9 servings:

Calories 100, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g,
Cholesterol 0mg, Sodium 35mg, Total Carbohydrates 19g,
Fiber 5g, Protein 4g

For more recipes using Bush's® beans, visit www.bushbeans.com

To My Fellow Hokies,
In the wake of the tragedy
that was bestowed upon
our campus on April 16th,
my thoughts and
prayers are forever
with the victims, families,
students, staff and
alumni of Virginia Tech.

Sincerely,
Carrie Taylor

— Virginia Tech Class of 2001

"VT logo used with permission from Virginia Tech."



KETCHUP WITH YOUR COOKING

There's more to Heinz® Tomato Ketchup than ham-burgers and fries. Use it when cooking to create mouth-watering dishes. The antioxidant lycopene gives Heinz® Tomato Ketchup a whole new twist, so check out their website for a handful of culinary creations. Here's a peak:

- Italian-Style Tofu with Onion Rings
- Easy Bolognaise
- Tuna Burger
- Sweet Chili Salmon with Stir-Fried Noodles

www.heinzketchup.com



Ask Carrie (continued from page 2)

For Storing

All fresh foods (cold cuts, salads, fruit, milk, raw meats, etc.), and their leftovers, must maintain a temperature below 40°F to prevent the growth of harmful bacteria. Store these foods with plenty of ice and ice packs in insulated containers to ensure their temperature never climbs above 40°F.

For Serving

Hot summer weather shrinks the window of time you can keep food in the "Danger Zone" (40–140°F) to only one hour. Keep cold food cold (<40°F) by reducing the amount you serve at one time and serving food on ice. Keep hot food hot (>145°F) on the grill or in warming trays with a continuous source of heat (i.e.: Sterno® canned cooking fuel). This goes for food cooked at, and picked up on the way to your picnic!

Are Your Paper Products Eco-friendly?

Summer suppers and cookouts can mean lots of paper napkins and towels. Do your part to reduce waste by using eco-friendly paper goods. Traditional recycled paper products use only a portion of post-consumer materials (i.e.: 80%), but Marcal® Sunrise 100% Premium Recycled™ paper products are made from 100% post-consumer materials. Sunrise 100% Premium Recycled™ paper towels, napkins, and bathroom tissue are also whitened without chlorine bleaching.



www.sunrisetissues.com

Snacking Fun in the Summer Sun



Snacks, **not treats**, keep your energy going.

There is a clear distinction between snacks and treats — snacks fill nutritional gaps and attain food group goals, whereas treats are filled with empty calories. Treats may be tasty, but their excessive calories, fat, and added sugar are no match for snacks. Snacks make you feel energized, not dragged down. So choose snacks, *not treats*, for snacking fun in the summer sun!

Sunsweet® Ones™

Dried fruit is an excellent summer snack — sweet, packed full of nutrients and fiber, yet requires no refrigeration. Sunsweet® Ones™ pitted dried plums are a combination of nutrition, flavor, and convenience. The epitome of healthy snacks on-the-run, they are individually wrapped morsels of antioxidants, minerals, and fiber. No need to worry about a sticky mess, grab a handful of Sunsweet® Ones™, throw them into your tote, and go!



www.sunsweet.com



www.all-bran.com

Kellogg's® All-Bran®

Kellogg's® All-Bran® cereals and crackers serve as high fiber, low-sugar snacks in just seconds. Enjoyed with milk, mixed with yogurt, or as part of trail mix, All-Bran® cereals are snacks with nutritional punch — 10 grams of fiber per two ounce serving. Bite-size multi-grain and garlic herb All-Bran Crackers™ also

provide 5 grams of fiber in every 1 ounce serving (18 crackers).

Dasani® Plus

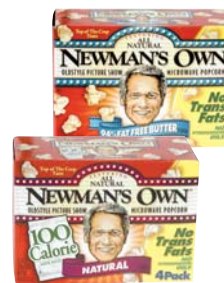
Proper hydration can be the difference between having energy for a bike ride, and lying lethargically on the couch. During the warm summer months, keep a water bottle on hand to drink from at all times. For a little flavor, try new Dasani® Plus — Ingredient Enhanced Water. Dasani® Plus is calorie-free and has three varieties, each with their own groups of nutrients (B-vitamins, fiber, zinc, and/or vitamin E). Choose from Kiwi Strawberry: Refresh + Revive, Pomegranate Blackberry: Cleanse + Restore, or Orange Tangerine: Defend + Protect.



www.dasani.com

Newman's Own® Popcorn

Sometimes we choose treats over snacks because we're craving something crunchy and salty. Newman's Own® microwave popcorn is a snack ready to feed that craving. Trans fat-free, Newman's Own® All Natural popcorn is a whole grain snack sure to please any taste bud. Available in 94% Fat-Free, and Low Sodium versions, Newman's Own® also has 100 calorie Mini Bags that are perfect for watching portion size or snacking on-the-go.



www.newmansown.com



Create a Green Thumb!

Not everybody has a green thumb, but it is never too late to train one. Whether it's getting dirty in a large garden or starting small with potted herbs, introduce children to the world of plants this summer. Who knows, it might create the foundation your little green thumb needs to grow!



Watch Their Interests Grow

Growing herbs in indoor pots is a great way to pique a child's interest in gardening. Teaching them how to grow herbs also gives the culinary bug a chance to bite! Once the herbs grow, work with your children to create and cook dishes that incorporate their fresh new masterpieces.

Instructions*:

1. Plant herb seeds in the same soilless mix you use for other indoor plants (or use a mixture of $\frac{1}{3}$ sand, $\frac{1}{3}$ peat moss, and $\frac{1}{3}$ soil).
2. Since most herb seeds are small, they should be planted no more than $\frac{1}{4}$ inch deep in moist mix (or sprinkled on the top and covered lightly with mix).
3. Mist soil with water.
4. Cover containers with wax paper, or plastic wrap, to keep seeds moist until they germinate.
5. Transplant seedlings to 4-inch containers, one herb for each container, so that they have plenty of room to grow to maturity.



Indoor Herb Growing Chart*

Herb	Days to Germination
basil	5 - 10
chives	7
coriander	9
dill	5
oregano	30+
rosemary	20+
sage	28+
thyme	20+

Eating Smart Recipe Tip

Use flavored balsamic vinegar, like cherry balsamic vinegar, for lower acidity that may create greater acceptance for younger taste buds.

Carrie's "Caprese" Salad

Serving Size: 1 salad Serves: 4

INGREDIENTS

4 cups Fresh Express® Fancy Field Greens™
 4 medium-size Roma (plum) tomatoes, sliced
 4 ounces Sorrento® fresh mozzarella cheese, chopped
 $\frac{1}{4}$ cup fresh basil, sliced
 Balsamic vinegar for drizzling
 Big Y® ground black pepper to taste

DIRECTIONS

1. Prepare four small salads by placing 1 cup of field greens on four individual plates.
2. On top of salad greens, arrange slices of one tomato and $\frac{1}{4}$ of chopped mozzarella (1 ounce) in alternating pattern.
3. Sprinkle one tablespoon of basil over each plate.
4. Drizzle balsamic vinegar over each salad.
5. Sprinkle with ground pepper to taste.

Nutrition Facts per serving:

Calories 120, Total Fat 6g, Saturated Fat 4g, Trans Fat 0g, Cholesterol 30mg, Sodium 153mg, Total Carbohydrates 6g, Fiber 2g, Protein 6g



For more tips on raising a green thumb, visit the National Gardening Association's kids gardening webpage at www.kidsgardening.com



*Activity and chart from Eve Pranis, © 2004 National Gardening Association www.garden.org, www.kidsgardening.com.